

News Briefs

CTO closure
The commercial travel office will close at noon today. All business should be conducted prior to this time. In case of travel emergency, call the emergency center at (800) 639-0689.


Happy's 90th birthday
All BLAZE TEAM members are invited to George "Happy" Irby's 90th birthday party from 1 to 2 p.m. today at the Columbus Club Happy Lounge.

Blood drive
A base blood drive is from 8 a.m. to 4 p.m. today at the community center. No appointments are necessary, but those who would like to schedule a time to donate can call Capt. Daryl White at Ext. 2133.

Mandatory dorm meeting
All enlisted dorm occupants are required to attend a meeting at 9 a.m. or 3 p.m. Thursday at the base theater. Accountability will be recorded. For questions or more information, call dorm manager Master Sgt. Edward Marallo at Ext. 2392.

Crutches wanted
The 14th Medical Group seeks old, unused crutches for patients who currently have a need for them. Crutches can be dropped off at the physical therapy section, or arrangements for pick-up can be made. For more information, call Ext. 2116.

Inside



FEATURE 10

14th Flying Training Wing Staff Agencies hard at work.

COLUMBUS AFB TRAINING TIMELINE											
PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-01)	4.10 days	1.95 days	April 22	48th (05-07)	2.12 days	3.58 days	April 8	T-37	1,967	2,053	13,517
41st (06-02)	-0.06 days	-1.30 days	May 17	50th (05-07)	0.73 days	-2.0 days	April 8	T-38C	1,118	991	7,023
								T-1A	999	1,023	6,316
Graduation speaker: Lt. Gen. Walter Buchanan III, 9th Air Force and U.S. Central Command Air Forces commander											



Photo illustration by Airman 1st Class Cecilia Rodríguez

Greg Hackett of L3 Communications discusses a crisis response scenario alongside Col. David Armstrong, 14th Medical Group commander, and Lt. Col. Mark Holland, 14th Medical Operations Squadron, during the Code Silver exercise Tuesday. The tabletop exercise was chartered by the Air Force Surgeon General.

Code Silver: On, off base emergency response skills put to test

Airman 1st Class Cecilia Rodriguez
14th Flying Training Wing

BLAZE TEAM members and personnel from 16 civilian emergency response organizations convened Tuesday and Wednesday to participate in Code Silver, a tabletop exercise chartered by the Air Force Surgeon General.

Columbus AFB wing leadership, 14th Medical Group disaster team chiefs, and city, county and state officials gathered to discuss potential responses in the event of a biological crisis.

"Exercises like Code Silver are extremely important to both the Air Force installation and the local community," said Lt. Col. Dan Milnes, 14th Medical Support Squadron commander and Code Silver participant. "These types of exercises enhance cross communication and create an awareness of existing response capabilities as well as limiting factors for all who participate."

The exercise was facilitated by Greg Hackett of L3 Communications, the contract agency responsible for conducting the training.

"L3, in conjunction with major command representatives and the Air Force Medical Service, suggests poten-

tial 'players' who would benefit from Code Silver training," Colonel Miles said. "Local Air Force Medical Treatment Facility staff members then determine who the participating agencies will be based on Air Force Medical Service guidance."

The simulated scenario involved a pneumonic plague epidemic throughout Columbus AFB and the surrounding Lowndes County.

Those in attendance were forced to evaluate contingency plans, determine available assets and prioritize required resources.

See **SILVER**, Page 2

'Dollar Days' to arrive at commissary

Bonnie Powell
Defense Commissary Agency

As if bringing customers an average savings of 30 percent or more isn't enough, Dollar Days are arriving at commissaries in April.

"Dollar stores are a growing trend in commercial retail stores, and we want to get in on all the fun as well as offering customers even greater bargains," said Patrick Nixon, chief executive officer and acting director of the Defense Commissary Agency.

Commissaries in the United States will kick off the new "Dollar Days" sales event during the first two weeks of April with plans for a repeat performance the first two weeks of August. Items throughout the store will feature dollar pricing. Commissaries in Europe and the Far East also plan to participate in Dollar Days but the time frame may not coincide with stateside stores.

"Customers might see two-for-a-dollar deals, or even unusual deals such as three items for two dollars," Mr. Nixon said. "It all depends on the items up for sale naturally, but the key is in offering multiple items for even dollar amounts."



Airman 1st Class Cecilia Rodríguez

Commissary shoppers like Gracie Champion will be able to take advantage of the store's "Dollar Days" sales event during the first two weeks of April.

Customers should look for "Extra Savings" signs in stores that will show the way to Dollar Days savings throughout their commissary.

If the sales promotion proves popular with customers, Dollar Days could be expanded to several times per year,

according to Mr. Nixon. Theme sales have proven popular with commissary customers already. Many stores hold dollar sales or sidewalk sales and DeCA currently holds two worldwide case lot sales in May and October. For more information on Dollar Days, call Ext. 7109.

SILVER

(Continued from Page 1)

The participants' reactions throughout the event determined which direction the exercise took.

"Communication is paramount," said Curtis Jernigan, emergency response coordinator for the Mississippi State Department of Health. "Activities like this have made it apparent that what goes on 'inside the fence' does not stay 'inside the fence,' especially for a community as close knit as the base and Columbus are. If anything ever happens, everyone's going to be affected, and we need to know what both the left and right hands are doing."

Rodney Roberts of the 14th Civil Engineer Squadron has worked on Columbus AFB for 14 years and personally witnessed how important the relations are between both communities.

"Lowndes County and the base have worked together in the past to recover from several incidents," Mr. Roberts said. "For example, hundreds of people fell victim to a strong storm sever-

al years ago and both groups worked together to clean disaster areas and recover from the effects. For as long as I've been here, the local community and the base have always done what they can to provide each other with the help needed."

The round-table discussion allowed all agencies involved the opportunity to enhance and develop their working relationships.

"One important attribute of this exercise was the productive exchange of ideas between professional organizations," Colonel Milnes said. "Equally as important was the establishment of teamwork and planning between military and civilian authorities."

The seminar was not graded; however, Columbus AFB will provide a report to the Air Force Surgeon General with notes on areas for improvement and successful findings. These after-action submissions will help officials revise Air Force policies if needed.

Forty-six Air Force installations are scheduled to receive Code Silver training during Fiscal Year 2005. The frequency of future training is to be determined.



Capt. Chris Duffett
48th Flying Training Squadron




STAR BLAZER

The 14th Flying Training Wing congratulates Captain Duffett on his distinction as the **19th Air Force T-1A Instructor Pilot of the Year**, and wishes him luck in the Air Education and Training Command competition.

14TH FLYING TRAINING WING DEPLOYED

As of press time, **28 BLAZE TEAM members are deployed** worldwide. Remember to support the troops and their families while they are away.



SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.



Airman 1st Class Cecilia Rodriguez

A recent change in how the Air Force maintains personnel records for retiring or separating servicemembers will mean a little less paperwork for troops like Senior Airman James Bratton, 14th Mission Support Squadron. All records will now be scanned for permanent electronic storage at the Air Force Personnel Center.

WAPS monitors to begin distributing new PFE study guides to units in April

The new Promotion Fitness Examination will be distributed to Columbus AFB personnel once the military personnel flight has received its shipment, which is due to arrive in April.

Once the MPF promotions and testing unit has signed for them, they will contact unit Weighted Airman Promotion System monitors to pick up PFEs for their unit personnel. Unit WAPS monitors are responsible for issuing the study guides to their unit personnel. Each member receiving a study guide must sign for it and Airman below the rank of master sergeant must receive a copy of Vol. 1. Every master sergeant, senior master sergeant and chief master ser-

geant must be issued a copy of Vol. 2 only. This year, Vol. 2 contains a complete copy of Vol. 1 and the additional study material used to prepare for the U.S. Air Force Supervisory Examination. Therefore, senior NCOs will not be issued a separate copy of Vol. 1. Unit WAPS monitors must ensure written receipt of material is maintained and filed in the squadron until issue of the 2007 study guides.

Distribution will begin during April in the following priority:

1. Senior master sergeants testing for the 05E9 chief master sergeant cycle with distribution completed by July 1
2. Master sergeants testing for the 06E8 senior master ser-

geant cycle

3. Staff and technical sergeants testing for the 06E6/7 technical and master sergeant cycles

4. Senior Airmen testing for the 06E5 staff sergeant cycle
PFEs will then be distributed to all remaining enlisted personnel.

Servicemembers requiring replacement material because of a lost or damaged PFE must contact their unit WAPS monitor. The unit WAPS monitor must obtain written authorization from the unit commander before providing replacement material. For questions, call R.J. Childers, MPF enlisted promotions and testing, at Ext. 2586. *(Courtesy of the 14th Mission Support Squadron)*

Personnel records to stay at AFPC

RANDOLPH AFB, Texas — Airmen who retire or separate don't have to wait several months to receive requested copies of certain records thanks to a recent change in how the Air Force maintains personnel records.

The 49-year-old practice of sending nearly 5,500 personnel records each month to the National Personnel Records Center in St Louis, Mo., ended in February as part of an effort to save money and give Airmen better access to their records.

"People usually have a lengthy wait before receiving copies of their records from the NPRC, and it costs the Air Force around \$8 million a year to maintain records there," said Jo Hogue, Air Force Personnel Center chief of master personnel records. "That price tag would keep increasing if we sent more records to the NPRC and our customers wouldn't have the accessibility we'll be able to provide."

"Air Force Personnel is committed to providing state of the art, convenient, leading edge service and this is another step in the effort to make Air Force personnel records available online anytime," said Maj. Gen. Tony Przybyslawski, AFPC commander. "We hope to be able to offer that capability to our active-duty customers sometime in the next few of years."

In the meantime, former active-duty Airmen who retired or separated on or after Oct. 1, 2004 can request copies of records such by writing or faxing:

AFPC/DPFFCMP
550 C St. West, Suite 19
Randolph AFB, TX 78150
Fax: Commercial (210) 565-4021, DSN 665-4021

People requesting their own records need to send a signed note that includes their name, social security number, contact information and specific record requested. Those requesting a relative's record also need to provide their relationship to the former Airman.

Former Guard and Reserve Airmen who retired or separated on or after Oct. 1, 2004 can write or fax:

HQ ARPC/PSDC
6760 E. Irvington Place, Suite 4000
Denver, CO 80280
Commercial (303) 676-7071, DSN 926-7071

Those who retired or separated before Oct. 1, 2004 can visit the NPRC Web site for record request instructions at www.archives.gov/facilities/mo/st_louis.html.

This change doesn't affect the disposition of medical and dental records, according to Ms. Hogue. They will still be stored permanently at the NPRC.

"From now on, all Air Force personnel records will be scanned for permanent electronic storage here in the Automated Records Management System and the records that are already at the NPRC will stay there," Ms. Hogue said. "Converting the records from paper to electronic also provides an additional backup version of each record."

Those who served or are currently serving as active-duty members can call the Air Force Personnel Contact Center more information at (800) 616-3775, commercial (210) 565-5000 or DSN 665-5000.

Those who served or are serving in the Air National Guard or Reserve can call the Air Reserve Personnel Center at (800) 525-0102. *(Courtesy of Air Force Print News)*

CAFB legal office explains 'gift giving' for tax purposes

People who have given gifts valued at more than \$11,000 are required to report the total gift to the Internal Revenue Service.

They may even have to pay tax on the gift; but recipients do not have to report gifts to the IRS, or pay gift or income taxes on the gifts' values.

Gift giving is defined when people perform one or more of the following actions without expecting to receive something of equal value in return:

- * Give property, including money
- * Allow people the use of property
- * Give income from property

People who sell something at less than its value or make an interest-free or reduced-interest loan may be making a gift.

There are some exceptions to the

tax rules on gifts. The following gifts do not count against the annual limit:

- * Tuition or medical expenses that are paid directly to an educational or medical institution for someone's benefit
- * Gifts to spouses
- * Gifts to a political organization for its use
- * Gifts to charities

If married, both spouses can give separate gifts of up to the annual limit to the same person without making a taxable gift.

For more information, stop by the tax center at 7211A Atlanta Drive in Capitol Housing, or call the center at Ext. 7613. *(Courtesy of the 14th Flying Training Wing Legal Office)*

(Editor's note: The tax center will be closed March 26.)

Creating leaders is everyone's responsibility

Lt. Col. Jeffrey Kindley
41st Flying Training Squadron



Air Force Doctrine Document 1-1 — Now this is not a book you read every day! When I assumed command, the Air Force gave me the whole set of Air Force Doctrine manuals, dated September of 1997, but there was no 1-1.

About two months ago, I was provided the AFDD 1-1, dated February 2004. I looked through it the other day and I was surprised to find the whole document focused on leadership. Let me provide the "Cliff Notes" version, in case you haven't read the document.

First of all, a doctrine is a statement of officially sanctioned beliefs. The AFDD series obviously focuses on war fighting doctrine. Volume 1 discusses strategy and war, the principles of war,

air and space power and organizing U.S. Air Force forces.

But, the AFDD 1-1 is basically a leadership guide, which many of us did not know existed. The document was written to provide leaders at every level in the Air Force the skills needed to prepare their forces for operations.

Chapter One defines leadership as "the art and science of influencing and directing people to accomplish the assigned mission." It emphasizes that people perform the mission.

One of the other foundational doctrine statements reads, "Leadership does not equal command, but all commanders should be leaders."

The "dash one" describes the three main components of Air Force leadership as our core values, competencies and actions.

We know the core values are Integrity first, Service before self and Excellence in all we do. But the competencies, which the document discusses, are the occupational skills that Air Force leaders are trained on and develop as we progress along levels of responsibility. The actions we take are how we influence our people, improve and accomplish our mission.

Chapter Two again stresses the importance of our people and developing our Airmen to produce the right capabilities. This is accomplished through "a series of experiences and challenges, combined with education and training opportunities that are directed at producing Airmen who possess the requisite skills, knowledge, experience and motivation to lead and execute the full spectrum of Air Force missions." This is done at the tactical (personal), operational (organizational) and strategic (complex) levels.

Chapter Three discusses the process

of force development to maximize the capabilities of Airmen. This includes defining our requirements for people, then developing them through training, sustaining these airmen and then renewing them with reenlistment or replacements. This is a continuous or circular process, not a linear process.

The fourth and final chapter is force development through education and training. If you haven't figured it out, education and training is a common thread in this entire document. The first principle of this process is to build skill set expertise. The next is to create a depth of expertise.

Chief of Staff of the Air Force Gen. John Jumper has emphasized with this document that leadership is fundamental to the Air Force.

Creating Air Force leaders is all of our responsibility. As part of Air Education and Training Command, this is our primary duty, especially here at a pilot training base.

actively overseeing the effectiveness of our programs.

2. Eliminating sexual assault and any environmental factors that foster it.

3. Providing an environment where victims have the confidence to report assaults.

4. Ensuring appropriate investigations and prosecutions are conducted in a timely manner, and foremost, 5. Providing for victims' health and well-being.

As a leading national institution, America's armed forces embody the best of our nation's ideals. This often places us at the forefront in leading positive change within our society.

We led our nation in integration and civil rights more than 50 years ago. We were on the leading edge in pursuing gender equality. And, we take that charge again now as we attempt to eradicate sexual assault from our service academies, with great hope that all institutions of higher education have equally ambitious aspirations.

Above all, we will continue to develop leaders of character ready to serve our nation in the profession of arms. As such, we accept that it is our responsibility to take a leadership role in finding solutions to this troubling national issue.

We will not rest until we can look every American in the eye and tell them that their sons and daughters are safe at our academy and are receiving the very best education and training we can provide them as they aspire to be the leaders we need for the 21st century.

Straight Talk Line

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

14th Flying Training Wing Staff Agencies



Photos by Airman 1st Class Cecilia Rodriguez

Staff Sgt. Ronald Lee receives information on an in-flight emergency while training Airman 1st Class Daniel Choquette on command post reporting procedures.



Second Lt. Amy Gardner, 14th Comptroller Squadron, gives a cash advance to a BLAZE TEAM customer at the finance office cashier's cage.



Tech. Sgt. Lisa Atkinson, Master Sgt. Elvin Stewart, Capt. Deric Prescott and James Bryant, 14th Flying Training Wing Legal Office Staff, review household good claims.



Wing historian Connie Lisowski arranges a 15th Air Force crest autographed by five original Tuskegee Airman at the 14th Operations Group building display. Ms. Lisowski designed and maintains the permanent display honoring 10 Army Air Corps Tuskegee Airman pilots from Mississippi.



Tech. Sgt. Erwin Arguilla, 14th Flying Training Wing Safety Office, shows Colton Rouleau, 5, the proper way to buckle up during a child seat safety inspection March 18 at the Wal-Mart parking lot in downtown Columbus.

Center seeks youth with passion for ‘the arts’

Pam Wickham
14th Services Division

Columbus AFB youth will have the opportunity to spend a week in the mountains of Montana and learn more about the performing arts this summer.

The Family Member Programs, as part of the 2005 Nell Buckley Performing Arts Series along with the Missoula Children’s Theater, are hosting a camp for youth between the ages of 14 and 18 with a passion for the performing arts. This year’s camps are scheduled for June 5 to June 11 and July 24 to July 30.

There are limited slots available, so applications will be accepted on a first-come, first-served basis.

The camp is located at Seeley Lake, a rustic outdoor camp area near Missoula, Mont. Campers will be lodged in cabins with seven campers and one counselor in each cabin and must furnish his or her own bedding or sleeping bag. Meals will

be provided in the camp dining hall.

Youth will participate in one full week of voice, acting and dance classes, as well as waterfront activities such as swimming, boating, arts, crafts and campfires.

“Participants are selected based on their application and a 3-minute or less audition tape with a sample of their talent,” said Rose Lime, youth center director.

Participants must be at least 14 years old but no older than 18 years old by July 1 to apply, and applications are available at the youth center. Campers may request desired camp date but selection cannot be guaranteed.

“All expenses are paid to include the camp registration, lodging, food and round-trip transportation,” Ms. Lime added. “The Missoula Children’s Theater travel management staff will arrange transportation.”

For more information, stop by the youth center or call Ext. 2504.



Athena Brimer

Duncan Robertson and Elliot Spillers perform in the Missoula Children’s Theater production “The Frog Prince” at the youth center last year.

Services offers variety of recreational opportunities

All new lunch buffets: The Columbus Club offers a different buffet Tuesday through Thursday. Cost is \$6.95 for club members and \$8.95 for nonmembers. Tuesday features Mexican cuisine, Wednesday is country-style cooking, Thursday has an Italian flare and Fridays offer a tri-continental selection of German, Asian and New England seafood. This week’s introductory rate of \$4.95 per person is offered to all Specialized Undergraduate Pilot Training students. All civilian employees will receive this special introductory rate April 5 to April 8. Call Ext. 2490.

Easter Sunday brunch: The Columbus Club has extended its hours for this brunch Sunday from 10:30 a.m. to 2 p.m. Reservations are encouraged. Cost is \$12.95 for members, \$15.95 for nonmembers, \$6.50 for ages 6 to 12 and free for ages 5 and younger. Main entree items include a prime rib and ham carving station, baked chicken, salmon, oven roasted potatoes, mashed potatoes with gravy, California blended vegetables, squash casserole, sweet potato yams, green beans almondine, corn on the cob, deviled eggs, assorted fruit and cheese trays, assorted salads and homemade desserts. For reservations, call Ext. 2490.

Monte Carlo night: The Columbus Club offers an all-ranks, members-only Monte

Carlo night from 7 to 10 p.m. April 1. Games are from 7 to 10 p.m., a disc jockey will entertain from 9 p.m. to midnight and a blind auction will start at 10 p.m., where members can bid on the prizes with their winnings. Cost is \$10 for \$300 in play money and for \$10, members may re-buy for an additional \$300. Prizes in the blind auction include a portable DVD player, camera, grill, coolers and assorted gift certificates. For more information, call Ext. 2490.

Home decor classes: The skills development center offers a class on how to make a storage tower (18-inches wide, 15-inches deep and 60-inches long) Thursday. Registration is required by Saturday. Class times are 10:30 a.m., 2:30 p.m. or 6:30 p.m. Cost is \$25 and includes all materials. Comparable items in catalogs sell for up to \$149.

Crafters can make a bamboo inlaid coffee table April 14. Cost is \$25 and includes all materials. An April 28 class will make a matching end table. Cost is \$20 and includes all materials. Class times for both workshops are 10:30 a.m. or 6:30 p.m. Call Ext. 7836.

Youth photography contest: Submissions for the ImageMakers National Photography Contest must be turned in to the youth center by April 1. There are four age divisions (ages 9 and younger,

10 to 12, 13 to 15 and 16 to 18) and five categories of competition (color process, black and white process, alternative process, digital and photo essay). Selected photographs will compete at the regional level. Call Ext. 2504.

Teen trip to Sardin: The youth center offers a trip to Sardin, Miss., April 2 for a visit with the local Keystone Club. The bus will leave at 7 a.m. and return at approximately 5 p.m. Cost is \$5 for youth center members and \$8 for nonmembers. Call Ext. 2504.

Instructors needed: The youth center is looking for summer camp instructors for tennis, baton and cheerleading. For more information, call Estrella Casanova at Ext. 2504.

Earn extra money selling ice cream: The 14th Services Division is looking for someone interested in selling ice cream and popsicles throughout the base housing areas during the summer months. Call Ext. 2405.

Friends of Freedom Park: The annual refurbishing of Freedom Park will be April 13 and April 14 starting at 8 a.m. both days. Volunteers are needed to help add mulch, paint and seal the structure and clean up the area. Food and beverages will be provided. Volunteers can sign up at

outdoor recreation or call Ext. 7861.

Give parents a break: The youth and child development centers offer this program from 9 a.m. to 3 p.m. April 16. The registration deadline for both centers is April 13.

Scrapbooking workshop: Enjoy a complete day of scrapbooking from 9 a.m. to 4 p.m. at the community center on National Scrapbook Day April 23. The event is open to all levels of scrapbookers. Cost is \$20 for the entire day, \$10 for four hours and the lunch fee is \$5. Registration is required by April 19. Call Lynn Bridges at 434-6935.

Stampin’ Up camp: People can create five stamping projects with all supplies included at this camp from 9 to 11 a.m. or 7 to 9 p.m. April 14 or from 1 to 3 p.m. April 23. Cost is \$15 per person with a \$5 discount for new students. To register, call 434-5076.

Beale Street Music Festival: The information, ticket and travel office offers a trip to this festival April 30 to May 1 in Memphis, Tenn. The festival features rock, gospel, rhythm and blues and alternative-bands. Cost is \$135 per person and includes transportation, and two nights lodging (double occupancy). Tickets to the music festival are sold separately. A \$50 deposit is required. Call Ext. 7861.

Movies

Today
“The Aviator”
(PG-13, thematic elements, sexual content, nudity, language and crash sequence, 169 min.)
Starring: Leonardo DiCaprio and Cate Blanchett.

Saturday
“The Passion of the Christ”
(R, sequences of graphic violence, English subtitles, 127 min.)

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit www.cafb.grapevine.com.



Airman 1st Class Cecilia Rodriguez

Family Support Center

(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Relaxation workshop

The second session of a two-part relaxation class is from noon to 1 p.m. Tuesday. Participants will practice progressive relaxation phases for the muscle groups and also receive a free relaxation CD to use at home. Spaces are limited.

Sponsorship training

A workshop designed for all unit introduction monitors is at 9 a.m. Tuesday. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Base Notes

Auto skills center workshop

In observance of Women’s History Month, the auto skills center offers a free car maintenance workshop at 6 p.m. Tuesday. Participants will learn safety tips for changing tires, changing oil, checking vehicle brakes and more. For more information, call the auto skills center at Ext. 7842.

Education center hours

To provide BLAZE TEAM members with better service, the base education cen-

ter is extending its customer service hours. Effective April 1, the new hours are from 8:30 a.m. to 4:15 p.m. For questions or more information, call Ext. 2562.

CTO closure

The commercial travel office will close at noon April 5 and will not reopen until 7:30 a.m. April 7. All business should be conducted prior to this time. In case of travel emergency, contact the emergency center at (800) 639-0689.

COSC social

The spouses of the 14th Mission Support Group host a Columbus Officers’ Spouses’ Club social at 6:30 p.m. April 12 at the Columbus Club. Scholarships for the 2004-2005 school year will be awarded. The menu is prime rib. Cost is \$13.25 per person and club members receive a \$2 discount. New members are welcome. For reservations, call 434-8915 by noon April 7.

Air National Guard

Servicemembers separating from the Air Force have the opportunity to become a member of Team Barnes. Those who have completed an Air Force enlistment and do not have a military service obligation may qualify for a \$15,000 enlistment bonus in the Massachusetts Air National Guard. To learn more about this incentive and other benefits, call (800) 247-9151 or DSN 698-1567, or e-mail recruiting@mabarn.ang.af.mil.

Thrift Shop

The Thrift Shop, located at Building

Molding future leaders

Tech. Sgt. Gary Webb, Maxwell Airman Leadership School instructor, speaks with his ALS troops about the generation gap in today’s Air Force. The class graduates at 6:30 p.m. Wednesday at the Columbus Club. Dress code is semi-formal or mess dress. Cost is \$15.50 for club members, \$16.50 for nonmembers, and the menu is chicken or fish. Those who would like to attend must contact an ALS student.

345, C Street, is open from 3 to 6 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. The shop will close March 28 through April 1. Consignments are accepted until one hour before closing. Volunteers are always welcome. For more information, call Ext. 2954.

Chapel Schedule

Catholic

Friday:
3 p.m. — Good Friday service
Sunday:
* 9 a.m. — Mass and Easter egg hunt afterward
10:30 a.m. — No CCD
5:30 p.m. — SUPT Mass

Protestant

Friday:
Noon — Good Friday service
Sunday:
6:30 a.m. — Easter sunrise service at the Walker Center
9 a.m. — No Sunday school
10:45 a.m. — Combined worship service in the chapel sanctuary and Easter egg hunt afterward
Tuesday:
11:30 a.m. — Lunch and Bible study
For information about other services, call the base chapel at Ext. 2500.

Jewish Passover

The Jewish Passover begins at sundown April 23 and concludes May 1. For more information, call the chapel at Ext. 2500.

Spring Pilgrimage: The Columbus, Miss., Spring Pilgrimage 2005 runs today through April 10. This award-winning tradition features daily antebellum home tours with guides in period costume and historic carriage rides. Groups with 20 or more people must make reservations with the Columbus Historic Foundation. For a free brochure or for more information, call (800) 920-3533 or e-mail chf@historic-columbus.org.

Tales from the Crypt: Costumed guides will lead narrated tours of Columbus’ historic Friendship Cemetery Monday through April 10. The cemetery is the site of the first Memorial Day observance in April 1866. Admission is \$2 per person for non-students and \$1 per person for students. Tours begin at 7:00 p.m. and gates close to new tour arrivals at 9:30 p.m.

A production of the Mississippi School for Mathematics and Science, Tales from the Crypt is a candlelight cemetery tour which includes original dramatic vignettes researched and performed by students at Mississippi’s residential school for gifted high school students. The event is held in

conjunction with the annual Spring Pilgrimage. For more information, call the Columbus Historic Foundation at 329-3533.

Dogwood Festival: The city of Aliceville, Ala., celebrates the spring season with its annual Dogwood Festival April 6 through April 9. The event will feature southern food, arts and crafts, entertainment and more. Activities will culminate downtown at 9 a.m. April 9 with music by southern blues legend Willie King and the Liberators and the ‘60s cover band Slo-Gin. For more information, call the Aliceville Area Chamber of Commerce at (205) 373-2820.

Trash to Treasures: A Trash to Treasures flea market is from 8 to 4 p.m. April 9 at the Columbus Fair Grounds. Antiques, collectibles, arts and crafts will be for sale. Vendors are wanted. For more information, call 328-5147 or 328-8783.

Furry 5K and one-mile fun run: The Mississippi State University Chapter of the Oktibbeha County Humane

Society sponsors a 5K race and one-mile fun run at the Thad Cochran Research Park April 9. The park is located on Highway 82 in Starkville, Miss.

Registration and sign-in starts at 7 a.m. The 5K race begins at 8 a.m. and the one-mile run begins at 8:30 a.m. Prizes will be awarded for first, second and third place winners in both events. All participants are eligible to receive a variety of raffle prizes.

Entry fee is \$15 per person and participants are encouraged to bring their dogs. People who pre-register by Thursday will receive a free t-shirt. All proceeds will benefit the building of the new Starkville Animal Shelter. For more information or to obtain an entry form, visit www.msstate.edu/org/humane or call Allison at (662) 312-9233.

Great American Clean-Up: Volunteers are needed to help clean Caldedonia, Miss., April 15. For more information or to sign up, call (662) 272-5671.

For more event listings, visit www.columbus-ms.org.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
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Print advertisement _____

Name _____

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

One diet does not fit all — Part II

Could the Atkins diet be modified to make it more healthy?

Part I of this article discussed some of the issues surrounding a low carbohydrate eating plan. This second part continues the discussion and outlines a healthier version of the diet.

Including lots of vegetables (at least four cups per day) and lean sources of protein would provide vitamins and minerals, phytonutrients and fiber without all the saturated fat of the original plan.

Depending on total energy intake, the goal is to work up to at least 150 to 200 grams of carbohydrates a day without bringing back the junk food.

This means choosing foods like skim milk, dried beans (black, kidney, garbanzo, pinto, etc.), potatoes, fruit that requires chewing, and whole grains like oatmeal and whole wheat bread more often than foods like fries, soda, crackers, rice, bagels and ice cream.

One good thing that happens to people who go on the Atkins diet is they clean out their closet of junk food. They give up their six-pack of soda everyday, thereby eliminating 900 calories.

At fast food places, two double whoppers (no bun) replace the usual double whopper, medium fries and shake. People usually cut more than 1,000 calories from their daily intake on the Atkins diet.

Why they could not eliminate the soda and the fries in an attempt to have a healthier diet in the first place remains a mystery.

The same black-and-white, no-choices approach that initially appeals to the dieter is the same thing that leads to its failure after a couple of weeks.

One other note with these diets is that when food manufacturers take the carbohydrates out of foods, they significantly increase the fiber content as a replacement.

This is better than taking fat out of foods and adding



Airman 1st Class Cecilia Rodriguez

BLAZE TEAM members like Jennifer Moore and Deric Prescott can visit the Columbus AFB Health and Wellness Center to receive individually tailored fitness and nutrition plans.

sugar to products, which was the case during the “fat-free craze.”

However, these products still contain calories, and over-consumption will lead to weight gain even if they are low in carbohydrates.

Whether you point the finger at high-carbohydrate or low-fat diets, keep in mind that people have been using diets like Atkins for as long as we have been getting fatter. The bottom line is that on average, Americans are eating 500 more calories each day than they were 15 years ago.

Couple that with the fact that 25 percent of adults get little or no physical activity at all on a daily basis and the place to put the blame is pretty obvious!

We all need similar vitamins, minerals and fiber. However, like the different grades of gasoline, the best fuel mix (carbohydrate, protein, fat) may vary slightly for an overweight and/or sedentary person versus a person at a healthy weight who is physically active versus an endurance athlete.

This does not change the overall facts underlying a healthy lifestyle — variety, fiber from fruits, vegetables and whole grains, monounsaturated fats in place of saturated and hydrogenated fats, portion control, and last but not least, daily physical activity.

To learn more about improving eating habits and preventing weight gain, call the health and wellness center at Ext. 2477. *(Courtesy of the Columbus AFB HAWC)*

Shorts

Master's Pick Golf Tourney

This tournament is April 9 and April 10 at the Whispering Pines Golf Course. A valid handicap is required and tour players must be selected before 9 a.m. April 9. Entry is \$10 plus greens fees. Call Ext. 7932.

Crud tournament

All BLAZE TEAM members are invited to participate in a wing crud tournament at 6:30 p.m. April 8 at Hangar 4. A maximum of 32 teams with four players each may register, and cost is \$15 per team. Players can turn in sign-up sheets and entry fees to the 14th Operations Group executive office located on the second floor of Building 268. The registration deadline is 5 p.m. April 6. Prizes will be awarded to first, second and third place winners, and free food and beverages will be available at the event. Call Ext. 7156 or Ext. 3561.

Academy sports wrap: Boxers take title

SAN ANTONIO — Backed by five gold medalists, the Air Force Academy boxing team claimed its 26th consecutive regional title March 19 at the National Collegiate Boxing Association's West Regional Championships in Reno, Nev.

With 64 team points, the Falcons easily won the team title to continue their winning streak.

The Falcons also received four silver medals during the championship round.

The winners from the East and Midwest Regionals will meet the Falcons at the Air Force Academy, Colo., on Thursday to April 2, for the 2005 NCBA National Championships.

With three golfers shooting 72 or better in the final round, the Air Force golf team fired a 287 on March 16 to

finish 12th at the University of Denver's Pioneer Classic.

Leading the way for the Falcons was Tyler Goulding, who shot a 70 in round three to finish in a tie for fifth. Goulding's three-round score of 211 marked a personal-best.

In wrestling, the 2004-05 season came to an end for the academy grapplers March 18 when the three Falcons who had made it past the first round were eliminated during the second round of the NCAA Championships, held in St. Louis.

Brandon Strong, who finished the regular season ranked 19th in the country at 125 pounds, saw his season come to an abrupt end when he was eliminated in the consolation bracket with a medical forfeit to Drew Forshey of the University of North Carolina.

Strong, a two-time NCAA qualifier, ended his season with a 26-8 overall record, despite struggling with injury for most of the season.

The academy baseball team got the broom after suffering a three-game sweep at the hands of the University of Nevada-Las Vegas in Mountain West Conference action.

In the first game, played March 18, the Rebels cruised to an 11-2 win. In the second game, held the following afternoon, three UNLV pitchers combined to toss a two-hit shutout in a 10-0 win over the Falcons.

In the third game, played March 20, UNLV completed the sweep over the Air Force baseball team with a 13-2 win. The Falcons fall to 4-16 on the season and 0-3 in conference play. *(Courtesy of Air Force Print News)*



The **Air Force Innovative Development through Employee Awareness Program** recognizes and rewards good ideas. Individuals, teams or groups can submit ideas on how the Air Force can accomplish something faster, better or cheaper at <https://ipds.mont.disa.mil>. People can save the Air Force money and earn cash rewards for their ideas. For more information, call Tech. Sgt. Rhonda Knipmeyer at Ext. 2354.

Columbus AFB Career Day

Saturday
April 9, 2005



Event Schedule

(Columbus AFB personnel only)

- 9 to 11a.m.
- Briefings at the base theater
(instructor pilots and students only)
- 11:30 a.m.
to 5 p.m.
- Static Displays and Flying Demos
Aerial Demo, West Coast A-10 Team
P-51 and A-10 Heritage Fly-by
P-51 and Zero Combat Demo
P-51 Demo
C-17 Short Field Takeoff and Landing
B-1B Fly-by

Featured Aircraft

- C-17 Globemaster
KC-135 Stratotanker
B-1B Lancer
C-130 Hercules
F-15E Strike Eagle
Zero
- UH-1
HH-60
F-15C Eagle
F-16 Fighting Falcon
A-10 Warthog
P-51 Mustang



Due to security reasons, this event is only open to Columbus AFB personnel